



# From November 2019 (Volume 105)





Cover Picture.

## Mercado 31 de Janeiro

Mercado 31 de Janeiro is one of Lisbon's many markets, and this one is particularly known for its fish and seafood selection.

November 2019.

Not totally in synchronised order as Lisbon was actually in late October 2019 but I wanted to keep the photos all in one book...but who the hell cares anyway!!

Lynn and I are doing last-minute trial back-pack packing for Nepal ..leaving in 11 days- so we will have to get the total holiday and trek requirements in two large (65 litre) back pack plus a small day pack each. Quite a challenge. Raj in Nepal is providing a fleece and sleeping bag (returnable) so we have just bought thin light sleeping bag liners. That saves a lot of space. We are finalising interschool liaison but Firs Farm are presumably too busy to take this on and Wolfson Hillel are arranging a meeting with us for next week but it leaves very little time to arrange anything...but we'll try anyway.

We have just heard from DP who is very upbeat about life so we hope it all lives up to his expectations. He will make it all work. Just got a great photo of him with Peachy.

Tammy and ben are excited about Ben's new job which seems to be exactly what he loves. Now all we hope is his good health. Beau had a great time in Germany apparently and Nagela is hopefully arranging some Xmas time with us (not easy as the family are spread around the UK)

Don't hear much from Jack and John but obviously at their age they have full lives now.

Larnie is very focussed on her studies but we do hear from her and she keeps in touch.

All in all very great family and we are now looking forward to Nepal so hence my rush to get this book finished in order to concentrate on the BIG ONE..



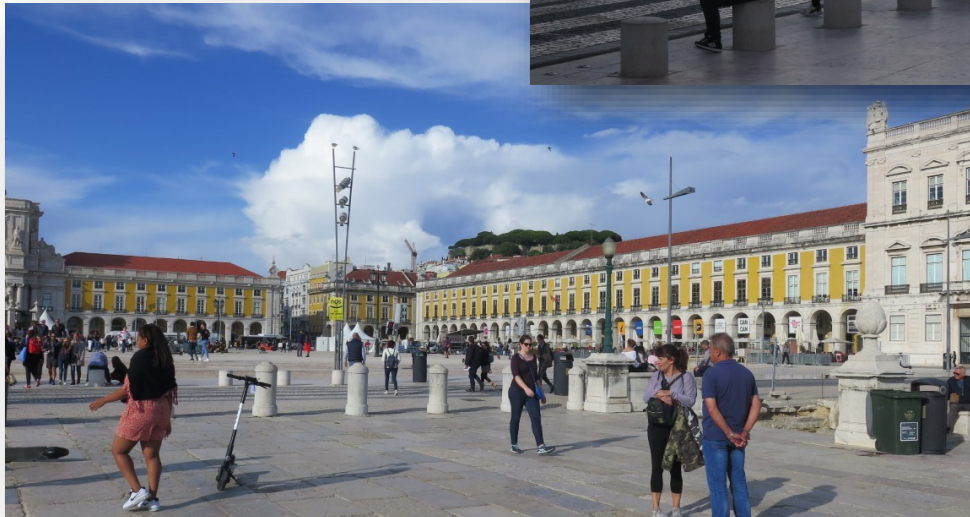




## Photo History



At the end of October we spent 3 night in Lisbon with Cyril & Viv. Weather was kind and we had a really great time







Colina was a local back-street restaurant where the locals go and it was full and buzzy. The service was casual and the food was great



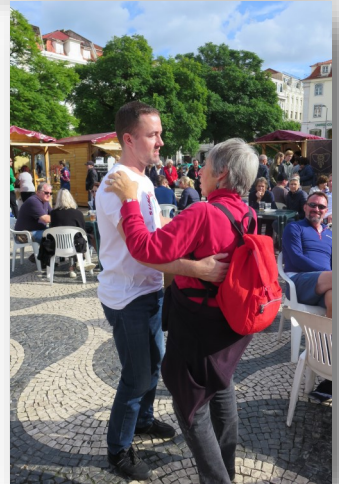




## Photo History



The last day of this great pop-up market where Viv grabbed this unsuspecting tourist for a dance while his friends all grinned







## Photo History



The Lisbon metro system was frequent and sensibly priced. We bought daily tickets which covered metro, funiculars and trams too







If it rains, some folk are more prepared than others..











Interesting sights around Lisbon...(including my missus)







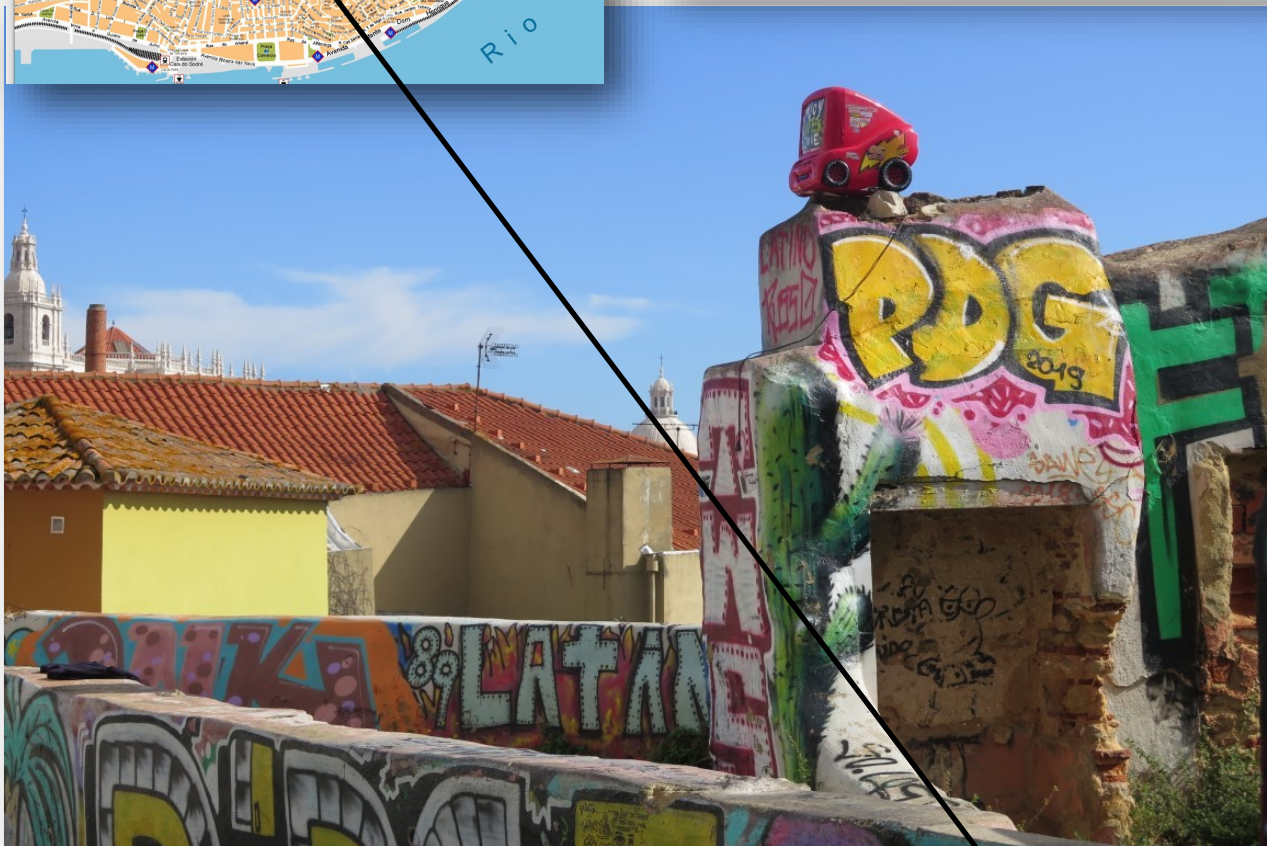
We walked up to Castilio de Sao Jorge and the old city round the castle was fascinating







Photo History



Around the old castle area







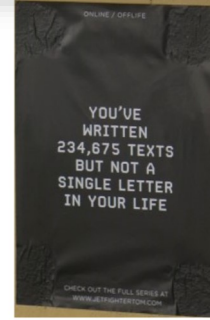
## Photo History







## Photo History



Lisbon is a city of hills and everywhere seemed to have great viewpoints

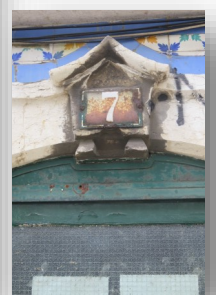






Photo History







## Photo History



Lynn drove the tram but was sacked when she tried to make a sudden right turn



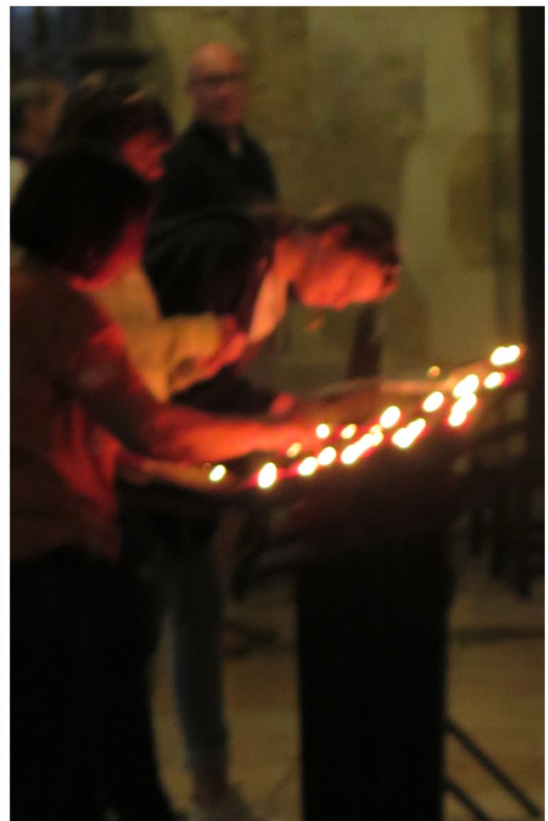








Church of Santa Maria Major







## Photo History



SANTIAGO  
DE ALFAMA  
BOUTIQUE HOTEL - LISBOA

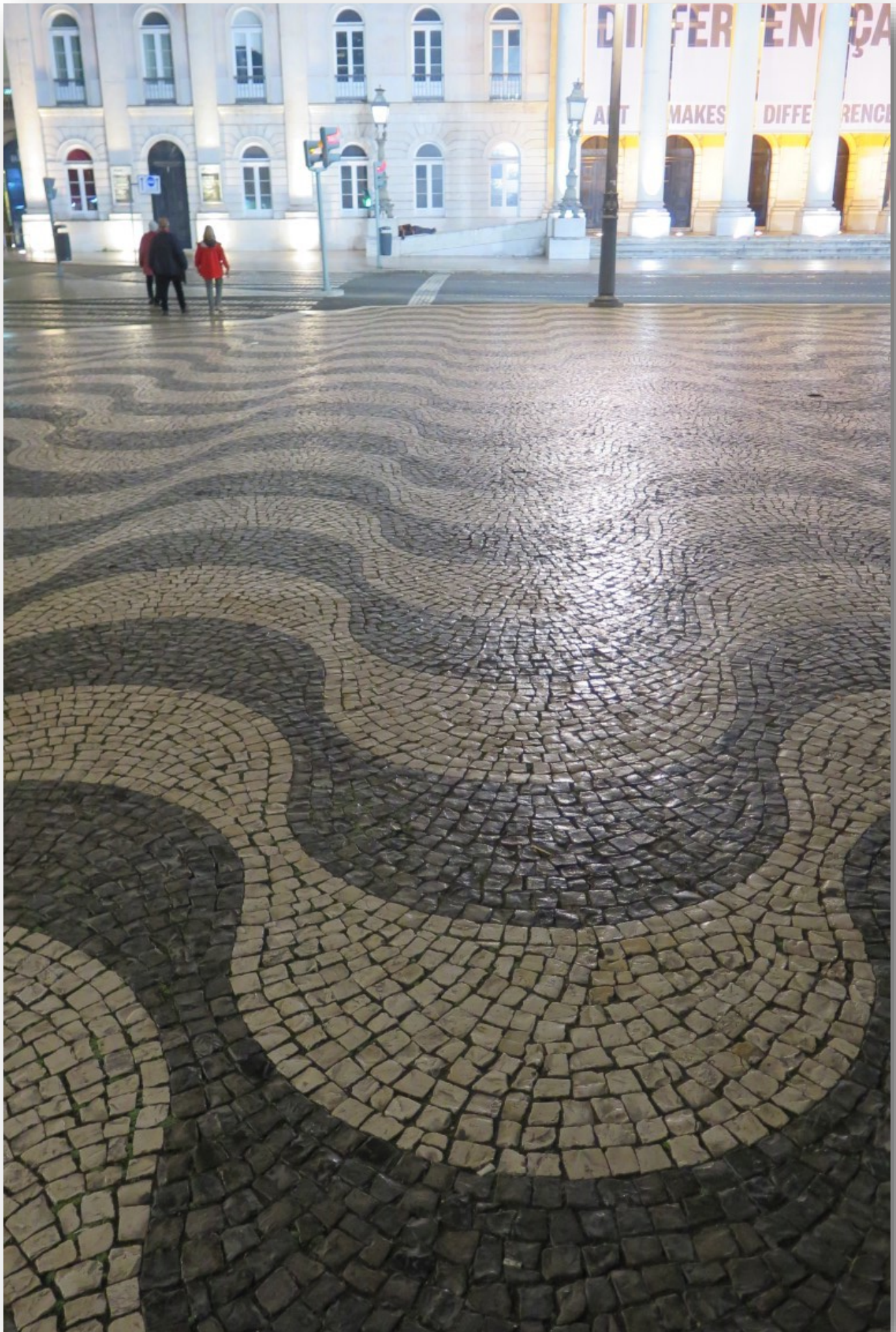
We sat outside on the terrace at Audrey's Restaurant in the beautiful Santiago de Alfama Hotel. The food was great with fantastic service and inside were many delightful ornaments and decoration



AUDREY'S  
Café — Restaurante — Bar















## Estacion do Rossio beautiful by day and night



### Pastel de Belém (Custard tart)

A Lisbon classic! It is a small cream cake, with a base of crisp phyllo dough. If freshly made and hot ... the better it is. It is usually served with a little powdered sugar and cinnamon on top.

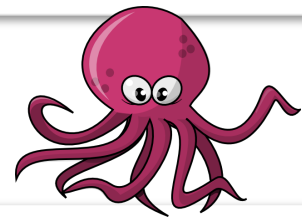






### Photo History

Concho D'ouro had a most fantastic fresh seafood selection on display







O Cacho Dourado (The Golden Curl) was another fantastic fun local restaurant where the service was totally anarchic and full of locals. The fresh grilled assorted fish platter was huge and we all had a great evening. We found it by sheer chance







Totally touristy but still fun. The trains were approx. every 30 minutes and were packed and when we got off we had to queue to exit the station through the slow ticket machines. Everywhere there were people shouting out to encourage you to take their tuc-tuks but we (initially) decide to explore on foot

SINTRA was less than an hour by train from Lisbon but felt like another world. It's a quaint village sprinkled with stonewalled taverns and a whitewashed palace looming over the town. Forested hillsides form the backdrop to the story-book setting, with imposing castles, mystical gardens, strange mansions and centuries-old monasteries hidden everywhere among the woodlands







We walked through the old town and Lynn had a glass of muscatel which was enjoyed with a freshly baked artisan roll with local cheese and carved ham. ....a great start to the day



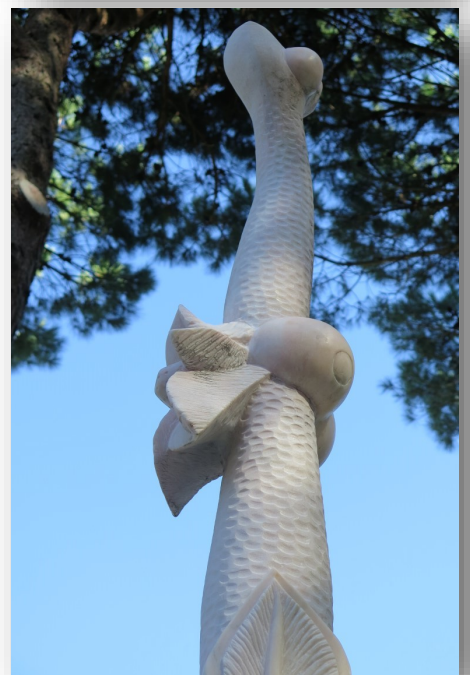
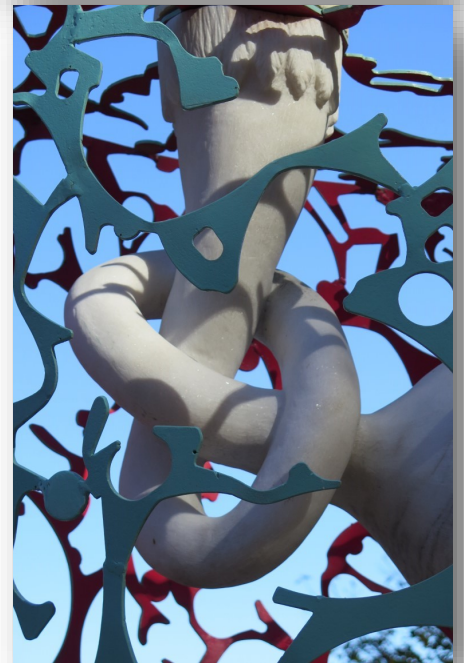
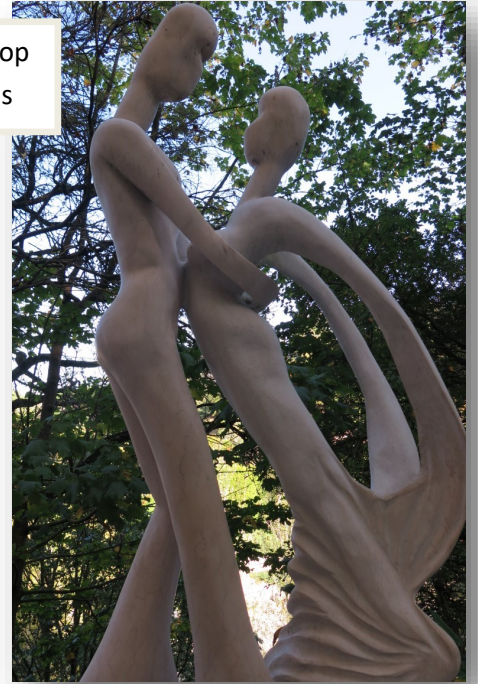








Along the road with the valley backdrop were many interesting art installations







### Photo History

This beautiful house was neglected and sad with dead leaves littering the overgrown garden



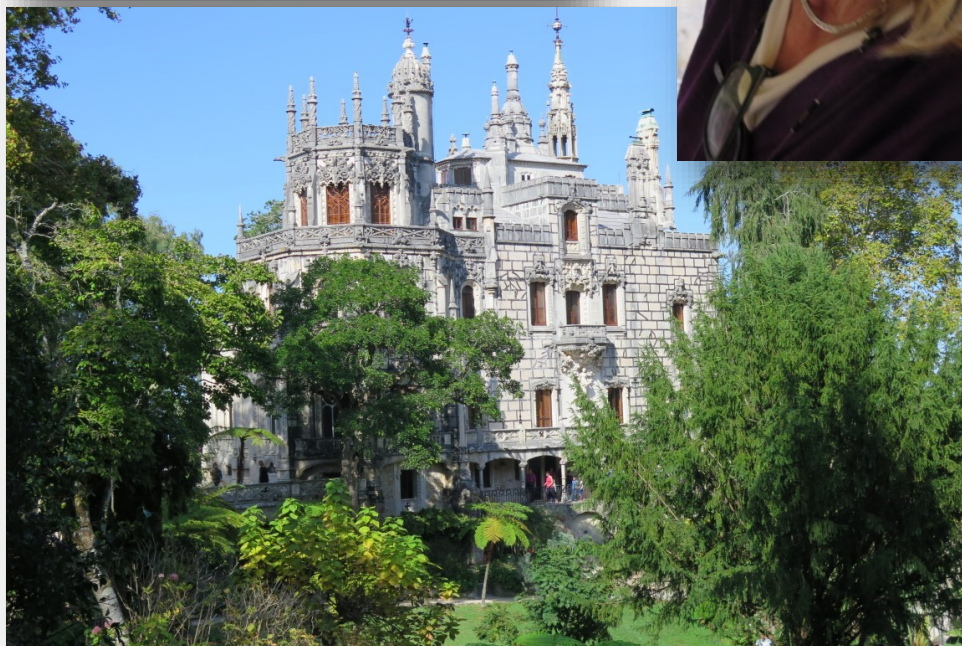




### Photo History

The climb to the top was very steep and hairpin bends with virtually no pavement so we made an executive decision to take a tuc-tuc and it was a very sensible decision. The 'grass mower' engine was really straining and we laughed the whole way up.

The castle was so weird that we had to investigate the follies and large terraced grounds and we spent hours exploring there. There were wells that had spiral (dangerous) paths to the depths plus long caves. All man-made but it was like a pre-Disney-Disney and well matured.

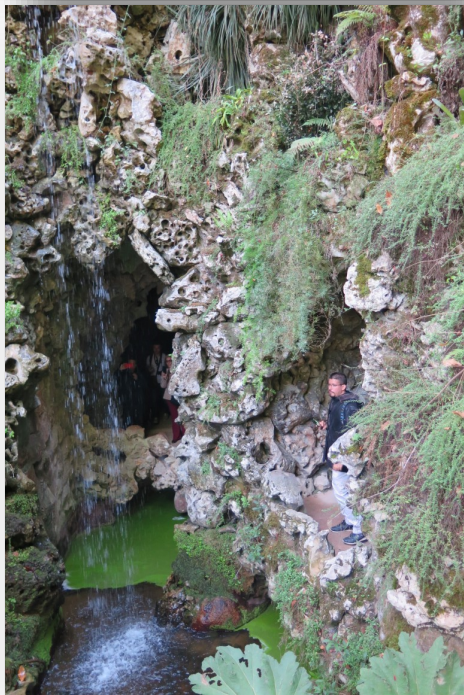
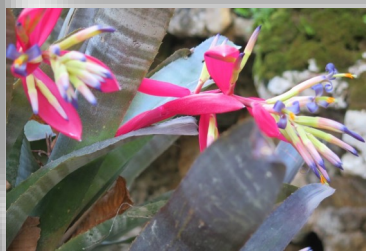


The Quinta da Regaleira is an extravagant 19th century gothic mansion that is surrounded with some of the most elaborate gardens of Sintra. The gardens are a joy to explore as they are filled with decorative fortifications, mystic religious symbols and a series of secrete passages and caves. The central feature of the gardens is the initiation well, a well that was drained, expanded and possibly used for cult ceremonies.

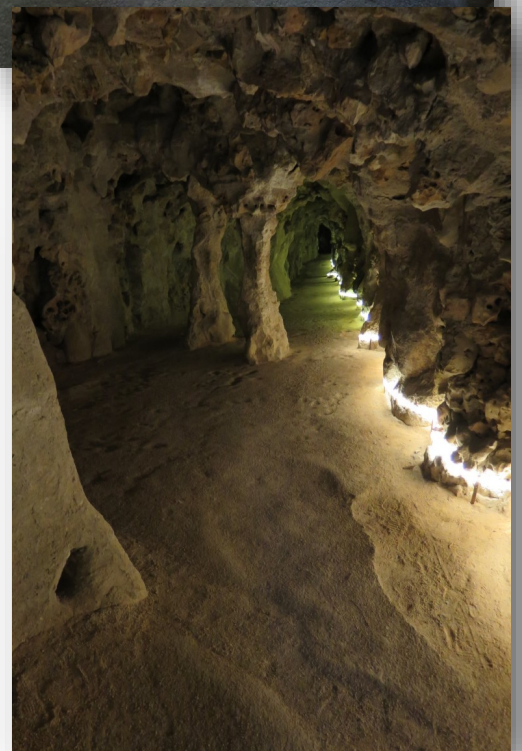




## Photo History



That fascinating spiral walk down the inside of the well that followed this long barely-illuminated passage;







The Initiation Well





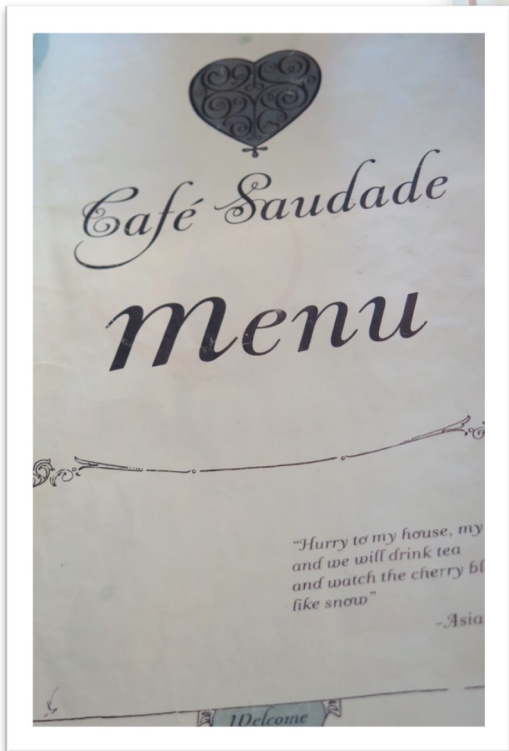
The battlements of the Castelo dos Mouros in Sintra











Their totally wonderful almond cake



On the spot where a baker used to bake delicious queijadas, today there is Café Saudade .It is located in an old building typical of Sintra. The interior is rustic. The floor is made of mosaics and the ceiling is a true work of art. The room next to the restrooms is the area where they used to do their washing, so this area has several basins











Born in a working-class neighbourhood of Lisbon, the melancholic music of fado has been around for centuries. Despite its years, fado remains a living art, heard in tiny restaurants and elegant music halls alike. A lone, powerful voice coupled with the 12-string Portuguese *guitarra* are all the tools needed to bring some listeners to tears, as songs recall broken hearts, unfulfilled dreams and lost days of youth. In fado, raw emotion often conveys more than mere lyrics can; even non-Portuguese speakers find themselves moved by great *fadistas*.









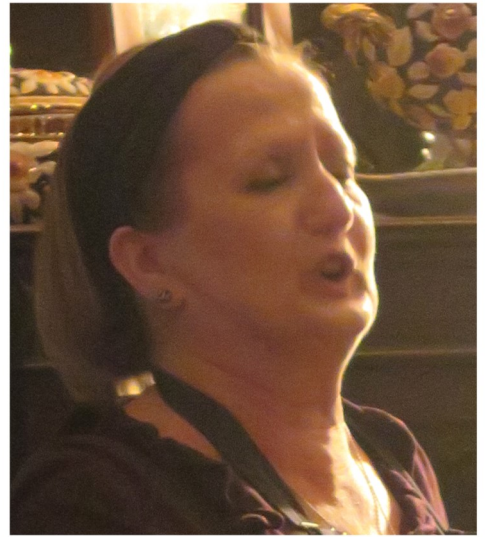
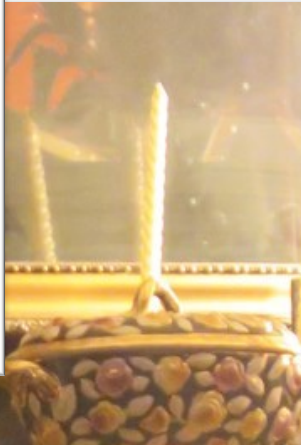


This small family fado restaurant was probably the best sort of place to enjoy fado. It was a family-run establishment and seemed like entering their living area. With lots of ornaments etc all around. The two ladies who alternately sang emotionally were accompanied by the three instrumentalists





## Photo History



What really struck me were the kitchen staff who came out and mouthed every word with such obvious enjoyment.

I think I have captured their love of fado in these shots









Ann Summers Lisbon mesh harness bra. (Small cup fitting) new with tags bondage festival









## Mercado 31 de Janeiro

Mercado 31 de Janeiro is one of Lisbon's many markets, and this one is particularly known for its fish and seafood selection. If you're looking to buy good quality fish, this is one of the best places in Lisbon to do so.







Photo History



Our hotel situated almost opposite Parque metro station

